



# Bourton Roadrunners

## Newsletter

Sept/Oct 2009

### Chairperson's Report

Well it certainly was not the barbecue summer that the forecasters promised but having just re-read all the race reports for the past few months it did not deter Bourton Roadrunners from doing what they do best - running and winning.

It is usually difficult to know which performances to highlight but it is not everyday that we produce a world champion, so pride of place has to go to Dennis Walmsley on his gold medal in the Vet 45 Masters Marathon held in Finland in early August. Many congratulations to Den and I particularly liked your ET impersonation in the press photo – nice touch! A whole host of county medals were claimed by Bourton Roadrunners in the County 1 mile and 10 mile championships whilst many of you have featured in the prizes in the many local races held over the summer months. Marathon man Steve Edwards just keeps on clocking up the miles and some very impressive times and has now clocked up over 200 sub 3:15 marathons – truly astonishing.

Many thanks to Norm and Ali for a super day at the Hill Barn relays – a great fun event and it did not rain for once this summer.

For all the races, fun and friendship we have enjoyed this summer for many of us it is still a summer tinged with great sadness following the sudden death of dear Jimmy Lunney. I got to know Jimmy really well over the past couple of years and you could not wish to meet a nicer, honest and more genuine bloke – I for one will miss him greatly

Autumn brings the climax of both the County Road Race Series and our own 6 from 10. Good luck to all involved in the battle for these prizes. Finally just to let you all know that I will be stepping down as Chairman at the AGM. It has been a huge pleasure and a genuine privilege to be Chairman of this fantastic club but now is the

right time for someone else to take charge. Hand on heart I can say it is a wonderful position and one that is easy to occupy with so much help and support from the club membership. So we are looking for a volunteer and I promise you whoever it turns out to be you will not regret it.

Best wishes

**Simon Rutherford**



### Christmas Dinner

I am standing down from the Committee at the AGM, and definitely not being Entertainments Officer!

I have provisionally booked The Manse for the Club Christmas Dinner on the 12th December, but no deposit paid yet, so whoever takes over can change it if they want. However, I might have to pay a deposit before the AGM.

Jo, my daughter has just completed the Berlin Marathon in 3.48.25 Very hot conditions, but she smashed her PB.

Regards,

**Gill Wilkie**

## RACE RESULTS

### Humph's Hilly Half – 27<sup>th</sup> June - County

The Humph's Hilly Half usually seems to bring out the hot weather and this year was no exception, which made what is already a tough race, as it's name suggests, even more arduous.

Both the men and ladies races were won by last year's champions, Gary Payne and Steph Lane in times of 1.16.03 and 1.29.13.

Payne was tucked into the group of Stephen Price from UK Netrunner 1.16.30 and Bourton's Dennis Walmsley 1.17.29, until half way, at which time he pulled away, with Price attempting to go with him, but unable to maintain the Vet 50s strong pace and having also to drop away in the last few miles.

Steph Lane opened a convincing lead from the start, finishing almost 2 minutes ahead of 2nd place Lorraine Ryan from Gloucester AC with a time of 1.31.09, after overtaking Vicky Cotter from Wimbledon Windmilers in the 2nd half of the race, with Cotter finishing 3rd in 1.34.08.

Mike Smith of Bourton did well for 4th and 2nd Vet 40, considering his recent lack of training in 1.20.08, followed by Lee Smith of Glos AC in 1.21.12 and Steve Marshall of Stratford just a minute behind in 1.22.16.

The winning men's team were Bourton, consisting of Dennis Walmsley, Mike Smith and Steve Edwards.

Bourton Roadrunners own finishers, not in the prizes above, were Steve Edwards 11th in 1.25.54, Ewen Smith 1.29.31, Justin Launchbury 1.41.08, Ian Shoemark 1.41.38, Norm Lane 1.45.15, Andy McCoombs 1.47.39, Shirley Creed 1.53.47, Lynn Hudson 1.59.43, Susan Hunt 2.03.42, Julia Rutherford (after starting late!) 2.05.59, Gill Carrick 2.06.39, Chris Bence 2.07.52.



**L to R ; Dennis Walmsley (Bourton), Race Winner Gary Paine (George Eliot Striders), Stephen Price (UK Netrunner).**

### Aerospace 5mile - 2nd July – 6/10

After a scorching few days, a five mile race did not seem the most attractive thing to do, but Bourton Roadrunners, undeterred, ran for valuable club points at the Aerospace 5M Race from Smiths Rugby Club around Bishops Cleeve last Thursday. After running the Hilly Half just 5 days before, quite a few had tired legs, but still gave strong performances.

Dennis Walmsley, 2nd in the race and first male 40, was delighted with his time of 27.38, with Mike Smith just one minute behind in 28.37 4th and 2nd M40. Ever improving Lewis Gray made up the team in 13th place overall and first junior in a personal best time of 30.03.

Steph Lane had a good run for 2nd lady place in 30.20, as did Ewen Smith 31.22 and Ian Shoemark 32.17.

Beth Pudifoot finished 4th lady and 1st Junior Lady in 33.15, chased by a fast closing Brittany Teague in 33.30. The 3 afore mentioned ladies made up the winning team.

Sarah Harper in 6th lady place and 1st LV35 recorded 34.00, with Justin Launchbury 34.06. Norm Lane had a good run for 35.27 and 2nd V60, with John Gibson going for top V55 club points in 35.42. Tony Goodwill, coming back from injury, clocked a time of 36.52, followed by Niamh Shoemark 37.19, Roger Woodley 37.37, Robert Humphris 38.04, Eddie Rozier 39.07, Shirley Creed 39.52, Chris Bence 39.52, Simon Rutherford 40.13, Susan Hunt 40.20, Conor Shoemark 40.24, Lynn Hudson 41.05, Lynn Spedding 43.42 and Bert Jess 47.08.

### Kingham 12k – 4<sup>th</sup> July

Dennis Walmsley, who always goes well on lots of races, kept the momentum going by racing the Kingham 12K the following Saturday, where he was the clear winner, clocking a time of 42.12.

### Pilot 10mile - 11<sup>th</sup> July – County

Dennis Walmsley was in winning form when he stormed the Pilot 10M Race, finishing more than two and a half minutes ahead of the 2nd place runner, with his time of 56.40.

Tony Goodwill was delighted to come back after his three months off through injury and pick up a Bronze Vet 50 County award at the Pilot 10 Mile Race on Saturday and every one of the 6 Bourton Roadrunners who took part in the race came away with a County medal. Norm Lane took bronze V65, Steph Lane gold Junior Lady, Shirley Creed silver LV45, Lynn Hudson silver LV50 and Liz Hulcup gold LV55.

### Hill Barn Fun Run & Relays – 12<sup>th</sup> July

The following day came the annual Hill Barn Fun Run and Pairs Relays, the first race producing a clear winner in 9 year old Tom Pudifoot who lead from the start and opened up a considerable lead to cross the line first. First girl was 11 year old Lottie Hartley, outrunning most of the boys to finish 6th overall.

Then came the Pairs Relay, with the clear winners Beth Pudifoot and Lewis Gray. Beth also ran the fastest female leg of the day. Lewis almost matched the achievement in the men, finishing just 2 seconds slower than fastest man Mike Smith. First Junior pair were Corrigan

Cox and Kieran Shoemark, both 13 years old. First Veteran pair O/40 were Ewen Smith and Lynn Hudson. First mixed age pair were daughter and father team, Eva and Ian Shoemark and first husband and wife team Brian and Liz Hulcup.



**Ella Rose Lane Gregory with her Dad and Erica and Shirley Creed in the Fun Run**

### Bourton 1 mile - 18<sup>th</sup> July – County

This year's One Mile Challenge attracted a number of top quality runners, with the runaway leader, Tim Dalton from Severn AC proving too much for Gloucester AC's Steve Millward with just 3 seconds separating them, the winning time being 4 minutes 24 secs. Unattached Robert Galt came in 3rd in 4.32.

The quality of high class juniors in both the male and female races was impressive, the first being Tom Purnell, 4th overall, from Stroud AC in 4.34.

Rachel Felton retained her title, winning in 4.44 and amongst the top men. Louise Durman had a good race for 2nd in 5.21, both the aforementioned from Stroud AC. Steph Lane from Bourton finished 3rd in 5.31, but took first Junior Lady prize, which brought Gemma Collier of Gloucester AC into the top 3 in 5.57.

Bourton roadrunners times were as follows;

8 <sup>th</sup>	Dennis Walmsley	4.46	1 <sup>st</sup> MV45
10 <sup>th</sup>	Lewis Gray	4.53	
18 <sup>th</sup>	Ewen Smith	5.10	
24 <sup>th</sup>	Chris Hartley	5.26	
27 <sup>th</sup>	Steph Lane	5.31	1 <sup>st</sup> JLady
30 <sup>th</sup>	Justin Launchbury	5.37	
39 <sup>th</sup>	Norm Lane	5.58	1 <sup>st</sup> MV65
41 <sup>st</sup>	Brian Hulcup	6.02	
42 <sup>nd</sup>	Beth Wynn	6.03	
45 <sup>th</sup>	Jake Launchbury	6.14	
46 <sup>th</sup>	Ed Rozier	6.15	
50 <sup>th</sup>	Liz Hulcup	6.29	
53 <sup>rd</sup>	Shirley Creed	6.39	1 <sup>st</sup> LV45
54 <sup>th</sup>	Simon Rutherford	6.40	
56 <sup>th</sup>	Julia Rutherford	6.46	
57 <sup>th</sup>	Susan Hunt	6.50	
59 <sup>th</sup>	Lynn Hudson	6.54	1 <sup>st</sup> LV50

Daniel & Richard Bufton

Lilly-Anna & Lucy Walmsley



**Norm Lane presenting Dave Spackman with his prize for 1<sup>st</sup> MV60**

### **High Wycombe & Glos ½ marathons 19<sup>th</sup> July**

In the High Wycombe Half Marathon Ewen Smith achieved his 2nd best time ever with a 34<sup>th</sup> placing in 1.27.35. While in a joint effort at the Gloucester Half Marathon from Newent, Ed Rozier, Jan Short and John Gibson finished in 1.53.27.

### **Faversham marathon – 25<sup>th</sup> July**

Steve Edwards is back with a bang in his first marathon since his 10 marathons in 10 days challenge and has proven that he has not lost any of his determination or form.

He chose the Faversham marathon; not noted for its varied scenery, as the course is just 1km long and runners have to complete 40 laps! This obviously appeals to the mentally strong and Steve proved he certainly is that, maintaining even paced laps throughout and taking the lead early on to win in a time of 3 hrs and 5 minutes and also setting a new course record by 7 minutes. Steve was particularly pleased, as this was his 2nd win of the year and add a couple of noughts and you have his 200th sub 3.15 marathon, the only person in the UK to have achieved such a feat.

### **Indian Queens Half Marathon – 2<sup>nd</sup> August**

Chris Hartley showed he is returning to fitness with a good result in the Indian Queen's Half Marathon last week, with an excellent time of 1 hour 29 minutes and 42 secs, his best result for the year.

### **Hooky 6m – 2<sup>nd</sup> August**

In the Hooky 6M Andy Peaston, Justin Launchbury and Andy McCoombes achieved times of 39.59, 40.43 and 42.50.

### **Bugatti Beer Race – 5<sup>th</sup> Aug – County**

Mike Smith was hot on the pace for the first half a mile in the Bugatti Beer Race on Wednesday, as he led the race to the first junction. However, his legs had no recollection of going that fast and sadly slowed him down to finish 17<sup>th</sup> place overall in 37.03 and 2nd Vet 40 place.

Steph Lane's hopes of retaining her title for a second year were thwarted by the appearance of Emma Gooderham of Malvern Joggers, who broke away going up the hill, leaving Steph to finish 2nd lady in 39.44. Ewen Smith was right with her, crossing the line in the same time.

Lewis Gray found the hill tough, but still managed a good time in 40.43. Tony Goodwill is also coming back to fitness after a long injury

with 41.48. Beth Pudifoot also found the hill hard going, but finished first junior lady in 43.19. Justin Launchbury is constantly improving and was just behind in 43.23.



Andy McCoombes is proving a valuable addition to the Bourton Club, finishing in 43.51 with first MV65 Norm Lane just behind in 43.59.

Other Bourton results were: Brian Hulcup 46.07, Shirley Creed 49.34, Liz Hulcup 49.42, Susan Hunt 51.25, Jan Short 52.26, Christopher Bence 52.39 and Lynn Hudson 53.04.

### **World Masters Championships – Finland -8<sup>th</sup> August**

Dennis Walmsley of Bourton Roadrunners has become the World Masters Champion for the second time in his running career. This time the title was for the Vet 45 Masters Marathon held in Finland on Saturday. He was less than a minute off the third placed Vet 40 runner and less than 3 minutes behind the overall winner, with his time of 2 hours 33 minutes and 17 seconds.

Dennis was elated to add this title, which he keeps for 2 years, to his previous 100K World Masters Champion which he achieved in Taiwan as a Vet 40.



### **Isle of Man Marathon – 9<sup>th</sup> August**

Steve Edwards made a big improvement on his last year's performance at the Isle of Man marathon, finishing 4 minutes quicker, despite being a year older, with a superb time of 3.03.31 and first Vet 45 in 4<sup>th</sup> place overall.

He is churning out the marathons at such a fierce pace that he may have to re-evaluate his 500 marathons by his 50<sup>th</sup> birthday in 2012 to make the challenge much harder!



## Standish Woodland Chase – 16<sup>th</sup> August



Steph Lane romped home to victory in the Standish Woodland Chase on Sunday 16th August, as she crossed the line in 1 hr and 8 minutes, 2 minutes ahead of her nearest rival after tackling the hilly 10 mile cross country course. The only other Bourton Roadrunner to take part was Jan Short with a creditable time of 1 hr. 31.



## White Horse 5k – 20<sup>th</sup> August

The White Horse 5K County Championship produced some fast times, with Alistair Lockey finishing first out of the Bourton crew and 8th in the race in a time of 16.17, earning him 2nd Vet/40 County Medal. Mike Smith was first Vet 40 outside the first 10 and 3rd V/40 County in 16.58. Just 4 seconds behind, Ian MacDougall

ran superbly for 1st V/45 in the race and County with a time of 17.02 and Ewen Smith was ecstatic to knock 50 seconds off his personal best for 18.09.

Sarah Harper held up the ladies side well with her 20.01 time for 3rd LV35 and 1st LV35 County, while Norm Lane was very pleased with his time of 20.33, making him 1st V65 and 2nd Vet 60 County. Chris Bence, 23.25, and Lynn Hudson ran home strongly in 24.24 for 2nd LV45 County.

## Longford Marathon – 31 August

Steve Edwards couldn't miss a week without a marathon and is now on track to try and achieve 500 sub 3.30s by 2012. He has upped the ante by setting himself this new target, as just to do 500 marathons was too easy!! The race this week was the Longford Marathon in Ireland, where he clocked an excellent 3.00.11, although he was slightly disappointed to miss the sub 3 hrs bracket. This put him in 2nd V45 and 17th overall.

## Glos Track & Field Championships – 26<sup>th</sup> August

Having no track to practice on at Bourton, an Athletics meeting is always a bit of an unknown entity for the Club, but those that turn out usually have great fun and a hoard of medals. The Track and Field Championships on the 26th August were no exception, with the following results: 1 Mile Race - Beth Wynn 6.00, Rob Humphris 6.20.



10K - Alistair Lockey, 2nd and first M40 in 34.09, Julia Rutherford 1st FV45 48.05 and Simon Rutherford 2nd M50 in 48.27.



The Ladies 4 x 100m and 4 x 400m SL team of Julia Rutherford, Lynn Hudson, Alice Thomas and Shirley Creed earned bronze medals for both events.

The U/15 Girls 4 x 100m Team of Corrigan Cox, Eva Shoemark, Beth Wynn and Amy Wynn earned them bronze medals.

Norm Lane was gutted to be on holiday and not able to take part!!

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### Arlingham half Marathon – 31 August

Ewen Smith put a Half Marathon into his training schedule and certainly set a good pace for 1 hr 27.25, then just days later competed in the Arlingham 4.5m Race, clocking a time of 25.52 for 1st Vet 40 outside the top 10, just one second behind team mate Lewis Gray who was first Junior Man and one minute behind Mike Smith who finished 5th in 24.51. Tony Goodwill made up the team of 4 in 28 minutes.

### Wolverhampton & Nottingham marathons -6<sup>th</sup> & 13<sup>th</sup> September

Two more marathons in 2 weeks, both well achieving the new sub 3.15 target, for Steve Edwards. Firstly the Wolverhampton Marathon, where he clocked 3:04:50 to finish as 3rd V45 and 17th overall out of 300 finishers and then the Robin Hood

Nottingham marathon where he recorded his best ever time on this course of 3:01:55 finishing 3rd V45 and 43rd out of a field of over 1300 finishers.

Three other Bourton Roadrunners settled for the Half Marathon at Nottingham;

Chris Hartley 1:26:30 111th

Ian Shoemark 1:29:36 194th

Andy Peaston 1:33:59 334<sup>th</sup>

### Beacon 10k – 6<sup>th</sup> Sept – County

Most recently in the Beacon 10K at Haresfield, Steph Lane comfortably crossed the line to win the Ladies Race in 38.39, 2 minutes ahead of her nearest rival. Mike Smith was delighted to finish first V40 and 5th overall in 35.03, while Dennis Walmsley was not at his best to finish first V45 in 36.14. Ewen Smith did well in the middle of heavy training for his marathon to record 39.49 and Tony Goodwill just under a minute behind in 40.38



Sarah Harper achieved her best time for years with 41.46 and Justin Launchbury, continuously improving, clocked 42.18. Brian Hulcup also notched up a good time of 42.40, as did Norman Lane 43.56.



Other finishers were Pete Scarrott 47.54, Shirley Creed 48.41, Simon Rutherford 48.53, Chris Bence 50.16, Lynn Hudson 50.25, Susan Hunt 53.18, Robin Macdonald 53.24, Liz Hulcup 53.51 and Gill Carrick 55.11.



### Kate's Home Nursing 10mile – 13<sup>th</sup> September

This weekend quite a few of the Roadrunners were out supporting Kate's Home Nursing charity, leaving Burford surgery and following a 10.3 mile scenic country course to Northleach surgery. Steph Lane finished way out in front of all the men and women in 68 minutes. In a huge turn-up for the books, Justin Launchbury finished 2nd man overall, annihilating the club's top runners, Dennis Walmsley and Alistair Lockey. To be fair, they were in the middle of a 20

mile training run and started late!!

A whole host of other members also ran to support the cause.

Beth Pudifoot, at just 15 years old, was delighted to win the ladies race of the Pilot 5M on Saturday in 35.14, at which Mike Smith, showing his old form is returning, finished in 3rd place overall and first Vet 40 in 27.40 and Lewis Gray achieved a personal best in 9th place with 29.54.

### Anglesey Marathon - 20<sup>th</sup> Sept

Literally on this occasion it would have helped if Steve Edwards of Bourton Roadrunners had kept his mouth closed on his 422nd sub 3 hrs 30 marathon, as at 19 miles in the Anglesey Marathon a wasp flew in and stung the inside of his mouth. We're not too sure if this constitutes illegal substances which aided his last 7 miles, but he was rapidly closing down the 4th and 5th runners to eventually finish a very close 6th, just seconds behind in 3hrs.00.52 and first Vet 45. Steve is hoping for at least 53 seconds off his next marathon in the New Forest next weekend!

### Woodstock 12mile – 20<sup>th</sup> September

Meanwhile Chris Hartley gave a good performance in the Woodstock 12m race at Blenheim Palace, where he finished 27th overall in 1.23.42. Only six days after the Robin Hood Half Marathon his legs were understandably feeling the miles.

## Forthcoming Events

27th September	6/10 & County Cirencester 10k	Ciren AC
10 <sup>th</sup> October	Glos X/C Cotswold Farm Park	Bourton Roadrunners
25 <sup>th</sup> October	6/10 & County Stroud ½ marathon & 1m Youth Run	Stroud AC
1st November	6/10 & County Guy Fawkes 5m	Tewkes AC
21 <sup>st</sup> November	Glos X/C Blackbridge	Glos AC
12 <sup>th</sup> December	Glos X/C Tewkesbury School	Tewkes AC
26 <sup>th</sup> December	Pilot Boxing Day Race	Severn AC
6 <sup>th</sup> February	Glos X/C Pittville Park, Chelt	Chelt AC, Almost A, CLC Striders

## Newsletter

This is my last newsletter as I am resigning from the post in October. I have enjoyed following all the results and photos of the Club, both running and social, and am amazed at the number of events, Club trips, etc. which it has included during the years I

have been doing it. Whether the newsletter continues to exist in it's current form, or as a notice board part of the web-site is up to whoever chooses to take it on, but, either way, I look forward to many more exploits and achievements over the next few years!  
Best wishes, Gill Carrick.